



## Frozen Key Lime Torte

 Dairy Free

READY IN



270 min.

SERVINGS



10

CALORIES



232 kcal

DESSERT

### Ingredients

- 2 cups pineapple sherbet
- 2 cups lemon sorbet
- 2 cups vanilla yogurt frozen
- 1.3 cups graham cracker crumbs
- 2 tablespoons sugar
- 0.3 cup butter melted
- 1 tablespoon juice of lime
- 0.3 cup coconut or toasted

## Equipment

- bowl
- frying pan
- springform pan

## Directions

- Place sherbet, sorbet and frozen yogurt in refrigerator to soften while preparing crust.
- In small bowl, mix graham cracker crumbs, sugar and butter. Press mixture in bottom of 9-inch springform pan. Freeze 15 minutes.
- Spoon or scoop softened sherbet, sorbet and frozen yogurt into large bowl.
- Add lime juice; stir gently to mix. Spoon mixture over crust in pan, spreading evenly.
- Sprinkle with coconut; lightly press into sherbet mixture. Freeze until firm before serving, at least 4 hours.
- To serve, let stand at room temperature for 15 minutes.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:20.51, Glycemic Load:11.74, Inflammation Score:-2, Nutrition Score:3.0604348195636%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 231.6kcal (11.58%), Fat: 8.67g (13.34%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 35.71g (11.9%), Net Carbohydrates: 34.15g (12.42%), Sugar: 25.37g (28.19%), Cholesterol: 0.87mg (0.29%), Sodium: 184.08mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Phosphorus: 73.98mg (7.4%), Vitamin B2: 0.12mg (7.15%), Calcium: 67.68mg (6.77%), Fiber: 1.56g (6.23%), Vitamin A: 278.42IU (5.57%), Iron: 0.61mg (3.4%),

Potassium: 119.08mg (3.4%), Magnesium: 13.53mg (3.38%), Zinc: 0.49mg (3.27%), Vitamin B1: 0.04mg (2.99%),  
Vitamin B5: 0.26mg (2.65%), Vitamin B3: 0.51mg (2.56%), Selenium: 1.61µg (2.3%), Vitamin B12: 0.13µg (2.13%),  
Vitamin B6: 0.04mg (2.13%), Folate: 8.47µg (2.12%), Manganese: 0.04mg (1.85%), Vitamin C: 1.44mg (1.74%),  
Copper: 0.03mg (1.61%), Vitamin E: 0.22mg (1.46%)